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Tuesday, July 3, 2012



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A forensic investigator walks past a bouquet of flowers and into Basil Ultimate Pho and Fine Vietnamese Cuisine on Monday. Police continued to comb the interior of the restaurant, which was the scene of a brazen shooting that left one dead early Sunday. JEREMY NOLAIS/METRO

Shooting victim 'the nicest guy'

Three hospitalized.

Restaurant owner believes friend who was killed was sitting near person targeted during party



JEREMY
NOLAIS

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At first, Steven Tran thought the popping noise was coming from the music blaring at his restaurant.

Then he saw two hooded men at the front door, firearms in their outstretched hands.

"Everybody started screaming — it was chaos," he said Monday.

Kidnapped aid workers safe and sound

Two Canadians were among the four foreigners rescued Monday after being kidnapped at gunpoint in Kenya

PAGE 7

The shooting around 2 a.m. Sunday at Basil Ultimate Pho and Fine Vietnamese Cuisine claimed the life of Tran's good friend, 37-year-old postal worker Mike Du.

Calgary police believe the attack was targeted, and Tran said Du was simply sitting in the wrong place at the wrong time, directly behind the person he believes was targeted.

"I think they missed or something and it hit Mike," he said.

"They took off, I ran over and saw three people laying on the ground.... Mike's white shirt was covered in red blood."

Tran had been hosting an after-hours birthday party for a friend.

Two guests, including the suspected target, were rushed to hospital in critical

condition where they remained Monday, according to police.

A fourth victim, another friend of Tran's, was hit in the thigh and arrived at hospital a short time later. She suffered only minor injuries.

Police Insp. Paul Stacey said investigators hope to allow Tran back into Basil by mid-week.

"We are going to hold the scene until we conduct an autopsy," he said.

Shock still evident in his voice Monday, Tran recounted some of the things he enjoyed most about Du.

"It's tough to describe really," he said. "He was the nicest guy around."

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'The fact is, I'm gay'

CNN journalist Anderson Cooper comes out to the world in an Internet post, saying he doesn't want anyone to think he was ashamed of being gay

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TomKat watch: Who will get custody of Suri?

Katie Holmes reportedly does not want her daughter raised as a Scientologist

PAGE 17



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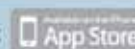
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Condo owners fear parkade costs could leave them homeless

Dispute. Condo board says it has to maintain building as well as property values



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

Worried that steep repair costs could force them from their homes, some Calgary property owners are threatening a class-action lawsuit against their own condominium board.

Trouble at Rocky Mountain Court began last summer, when an alleged error during parkade renovations may have compromised its structural integrity, some believe.

Initial estimates suggest repairing the problem will cost \$4.6 million.

While the condo board is seeking an insurance payout, it's not clear when that will come through, leaving residents on the hook for the up-front repair costs.

"Many of the people I have talked to simply can't afford it — I can't afford to pay that," said Gord Anderson, whose share of the costs will be \$30,000. "We have been given no indication that there is a safety risk with leaving it

Condo conundrum

- There are 300 condos at Rocky Mountain Court. Board president Adam Zakreski says the average cost per property owner for parkade repairs could be \$15,000.
- Part of Rocky Mountain Court's second-level parkade is not available for use until repairs have been completed. Some residents have been paying a monthly fee to park across the street at the former Calgary Board of Education headquarters.

(the parkade) as it is until the matter is sorted out through insurance."

The condo board may instead opt to obtain a loan to cover the repairs, but that would drive condo fees up by 58 per cent.

Board president Adam Zakreski said his hands are tied, as he has a responsibility to maintain a safe living environment and property values.

"If we were not to do that, we as board members could be considered negligent in our duties and face lawsuits," he said. "Our No. 1 priority is to have a safe place where



Gord Anderson represents a group of condo owners at Rocky Mountain Court who are concerned that repairs could cost them tens of thousands of dollars. JEREMY NOLAÏS/METRO

people can live and park their cars. We are owners as well, we have to pay the same as everyone else. It's a no-win situation."

But Anderson said other areas of the complex are in glaring need of repairs and he would simply like more dialogue with the board before a decision is made.

"Basically, what we're saying is let us help you and, in turn, save our homes," he said.

Community support helps save wildlife institute



A rehabilitated beaver is released into the wild by a worker with the Alberta Institute for Wildlife Conservation. CONTRIBUTED/BERNA-DEAN HOLLAND

Calgarians have rallied to keep an area wildlife institute open, but volunteers admit they have plenty of work ahead to claw themselves out of financial trouble.

Originally, it appeared the Alberta Institute for Wildlife Conservation (AIWC), which is near the Town of Madden and provides care and rehabilitation for injured animals, would be forced to shut down at the end of June as costs continued to rise and donations plummeted.

But after reports of its financial plight emerged in May, media-relations director Berna-Dean Holland said

public supporters pitched in \$75,000.

"I think this demonstrates that Albertans really understand that this is a vital service that we do," Holland said.

Those involved are also exploring new locations for the institute. But Holland said the intention is to keep the AIWC in the Calgary area.

To help facilitate the move and maintain financial stability, the AIWC board of directors wants to raise another \$250,000 over the next six months.

"I think we're going to be OK," Holland said. "We

Animal care

- The Alberta Institute for Wildlife Conservation helps about 2,000 injured animals every year.
- Volunteers hope to celebrate its 20th anniversary next year.
- To learn more or to lend support, go to aiwc.ca.

just aren't going to close the doors — there's no way." JEREMY NOLAÏS/METRO

Suspect sought

Stabbing victim stable after surgery

A Calgary man who was stabbed in a weekend altercation has undergone emergency surgery and been upgraded to serious condition, reports say.

The fight began on the

downtown LRT platform at 1st Street and 7th Avenue S.W. on Sunday night. After tensions cooled momentarily, police say the combatants met again at the 9th Avenue S.W. station and a man was stabbed.

Police have determined the suspect to be a short aboriginal woman who was wearing leopard-print shorts. They have not said what led to the altercation. **METRO**

Harvie Passage

Rafter dead after vessel overturns in Bow rapids

A rafter died after being pulled from the Bow River near the Harvie Passage, Calgary police have confirmed.

The Calgary Fire Department arrived at Harvie

Passage after receiving a call about rafters in distress on Monday afternoon. Fire officials said four people were floating on a raft that had overturned in the rapids on that stretch of the river.

Three of the rafters managed to swim to shore, but a fourth was retrieved from the river and transported to hospital by EMS. All of the rafters were wearing personal-flotation devices,

officials said.

The Harvie Passage was reconstructed recently to allow for safer passage, but fire officials, Calgary bylaw staff and Calgary police have urged Calgarians to stay off city waterways owing to current river conditions.

No further details on the death were available on Monday night. **METRO**

1 NEWS

On the web

Don't sweat it: A case for 'Made in Canada'

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive, but also to thrive: A "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Drug giant to pay billions in fines

GlaxoSmithKline LLC will pay \$3 billion US and plead guilty to promoting two popular drugs for unapproved uses in the largest health-care-fraud settlement in U.S. history, the Justice Department said Monday. Go to metronews.ca to read the full story.

Mobile news



Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

Have a (safe) blast. Alberta fireworks sellers band together to promote safety

How was your Canada Day? Quiet?

That's the way fire safety authorities like it, but the people who sell you fireworks would rather that you had a blast — just a safe one.

To that end, the people who sell fireworks in Alberta have established the Fireworks Safety Coalition of Alberta, "which is more concerned with the safe use of fireworks than the sale of fireworks," said Mike Boire of the organization.

The fireworks group

wants people to safely enjoy fireworks, but only purchase them through a retailer who is a "registered and trained professional."

People who sell fireworks are worried that they might get squeezed out when the province revises its fire code.

Boire thinks fireworks get a bum rap. "Using your car can kill, using your ATV can kill. That's not what we want people to think. We want them to think safety first."

MAURICE TOUGAS/METRO EDMONTON

Feathered friend

Fire crews rescue roof-bound bird

Polly may not have wanted a cracker, but that didn't stop Calgary firefighters from jumping into action to save the beloved pet Sunday.

Crews were called to a home on Panamont Common N.W. in the afternoon after receiving

a concerned call from the owners of a pet bird. They claimed the animal had escaped from its cage, climbed onto the roof and refused to come down for six hours.

Firefighters deployed an aerial ladder with the bird's cage attached to the end and managed to rescue it. Nearly 40 residents of the area cheered on their efforts.

METRO

Vacant lot receives revitalizing facelift



Tim Lunn, left, and Philip Morris were among the volunteers helping create a "pop-up place" along 1st Street S.W. on Monday. The two received free concert tickets from Cowboys Stampede Tent for their efforts.

TESSA CLAYTON/FOR METRO

'Pop-up place.' Speedy makeover of downtown location is the first of many such projects

TESSA CLAYTON
calgary@metronews.ca

The city's first "pop-up place" came into being Monday, as volunteers and corporate sponsors turned a vacant lot on 14th Avenue and 1st Street S.W. into a quality urban space.

It was the result of the community engaging both private landowners and the city in order to give an underutilized space a facelift in a short period of time — and to do it legally.

"The idea was to try and take an inactive and potentially really unsafe space and turn it into something that would fit with the high-quality environment around it," said David Low, executive director of Victoria Park business revitaliza-

Quoted

"It looked interesting and like a good way to help out in the community."

Tim Lunn, volunteer

tion zone.

Low said they wanted to achieve a greater sense of community and integration of the area's assets, including Haultain Park next door.

Even Calgarians who don't live in the area lent a helping hand. "It looked interesting and like a good way to help out in the community," said Tim Lunn, who lives at nearby Mount Royal University.

The changing downtown culture and urban feel make many inner-city sites ripe for such revitalization efforts, said area alderman John Mar.

"This creates vibrancy, community.... It's a fantastic example of what can happen when all the stars align."

Threats of Occupy Calgary comeback prove hollow

Olympic Plaza remains tent-free and a member of the original Occupy Calgary movement has confirmed the group has no formal plans to return for the time being.

And now it seems some other members of the local activist scene believe the city has seen the last of the campout-style demonstration.

Last year, Occupy members settled in the downtown for nearly two months, putting the pressure on city officials to weigh the value of charter rights against violating bylaws.

After a court ruling, the group packed up and headed home, pledging to return in unison with other Occupy movements across North America sometime in the spring.

"A camp going for months on end is not a tactic that really works in this city," said Grant Neufeld, who helps organize numerous rallies in the city. "I think the occupiers are starting to recognize that."

Original Occupy member Tavis Ford, who made the original pledge to return full-time to Olympic Plaza, said it's difficult organizing such a demonstration.

"We don't really have a real trigger at this point," he said. "I am sure one will come in time."



Tents belonging to Occupy Calgary members created headaches for city crews last year as preparations were being made for winter in the popular downtown Olympic Plaza. METRO FILE

Quoted

"A camp going for months on end is not a tactic that really works in this city. I think the occupiers are starting to recognize that."

Grant Neufeld, a local protest organizer

Another group featuring some Occupy members had planned to begin "civil disobedience" protests May 15 — which Ford suggested could include extreme measures like occupying banks and foreclosed homes — but again

participation seems to have fallen off.

Neufeld said the key is keeping a variety of social issues at the forefront, something he's not sure Occupy has been able to do.

JEREMY NOLAIS/METRO

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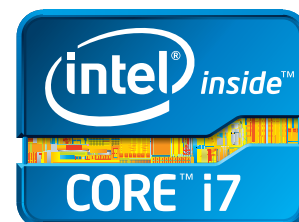
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U.S. Postal Service letter carrier Giovanni Alvarez delivers mail on Monday to a house damaged by an uprooted tree after a storm in Washington, D.C. Severe weather has been blamed for at least 17 deaths. EVAN VUCCI/THE ASSOCIATED PRESS

U.S. East still reeling

Storm damages. After suffering through a sweltering weekend, millions must cope with transportation delays, difficulties

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brought another challenge when many embarked on a difficult commute over roads with darkened streetlights and mass-transit delays.

To alleviate congestion around Baltimore and Washington, federal and state officials gave many workers the option of staying home

Monday. Federal agencies stayed open in Washington, but non-emergency employees had the option of taking leave or working from home. Maryland's governor also gave state workers leeway for staying out of the office.

There were more than 500 signal outages in Maryland on Sunday afternoon, including more than 400 in Montgomery County, according to the State Highway Administration. There were 100 signal outages in northern Virginia late Sunday afternoon, and 65 roads were closed, although most were secondary roads.

"If you have to drive or need to drive, leave yourself a lot of extra time," Maryland Highway Administration spokesman Charlie Gischlar said. "There's going to be delays."

As of late Sunday, nearly 2.7 million people remained without power in several states from Virginia to New Jersey and as far west as Ohio.

That left many to contend with stifling homes and spoiled food, and utility officials said the power will likely be out for several more days.

Since Friday, severe weather has been blamed for at least 17 deaths, most from trees falling on homes and cars.

From Atlanta to Baltimore, temperatures approached or exceeded triple digits Fahrenheit. Atlanta set a record with a high of 105 F, while the temperature hit 99 F in Washington. With no air conditioning, officials urged residents to check on their elderly relatives and neighbours. **THE ASSOCIATED PRESS**

Monsoon-soaked region of Indian state in despair

The worst monsoon floods in a decade to hit a remote northeastern Indian state have killed more than 80 people and forced around two million people to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state, Prime Minister Manmohan Singh told journalists in Gauhati, Assam's capital.

The rest of the two million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

Assam officials say 81 people have been killed over four days. Most of them were swept away when the Brahmaputra River overflowed its banks and flooded villages.



A family rows past their house in India's Assam state Monday after monsoons left much of the area flooded. ANUPAM NATH/THE ASSOCIATED PRESS

Sixteen people were buried in landslides.

At least 11 people were missing in six districts, the state disaster-management agency said in its bulletin.

Air-force helicopters were dropping food packets and drinking water to marooned people, Singh said after surveying the flood-hit districts.

THE ASSOCIATED PRESS

Kidnapped aid workers brought to safety after dangerous rescue

Ambushed. Two Canadians among workers' convoy attacked by gunmen

Four aid workers, including two Canadians, kidnapped at gunpoint from Kenya's largest refugee camp arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are alive and we are happy this has ended," Qurat-Ul-Ain Sadazai of Gatineau, Que., one of the Canadian workers, said after the group landed in Nairobi.

The four workers from the Norwegian Refugee Council smiled and waved after stepping out of the helicopter.

Among them was Steven Dennis of Toronto, the agency's head of operations in Kenya's

Fateful decision?

- A Kenyan police commander said the aid group originally arranged to have armed security but that the group cancelled the security arrangements at the last minute.

sprawling Dadaab refugee camp.

Sadazai and Dennis, along with Astrid Sehl, 33, and Glenn Costes, 40, were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday.

A representative with the Ras Kamboni militia in Somalia said his group heard of Friday's attack and pursued the kidnappers. Ras Kamboni fighters caught up with the gunmen on Monday morning, about 60 kilometres inside Somalia.

THE ASSOCIATED PRESS



Released aid workers, from left, Qurat-Ul-Ain Sadazai, 38, a Quebec citizen of Pakistani origin; Glenn Costes of the Philippines, 40; Steven Dennis of Toronto, 37; and Astrid Sehl of Norway, 33, arrive in Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

Quebec City. Harper interrupted by protester



Prime Minister Stephen Harper in Quebec. JACQUES BOISSINOT/THE CANADIAN PRESS

A speech by Stephen Harper was briefly interrupted Monday when a shouting protester approached the stage at an international conference in Quebec City.

As the prime minister addressed a world forum on the French language, the man walked to the front of the large room and delivered a message of his own.

"Stop Harper, stop Jean Charest," the protester yelled.

"Citizens rise up. We need you, everybody."

The interruption lasted only a few seconds before the man was grabbed by security.

His rant earned him a muffled applause from some of the attendees inside the Quebec City conference centre.

Quebec provincial police later indicated that the man, in his 30s, was released and will not face charges.

THE CANADIAN PRESS

Dismemberment case

Found remains could be linked to Magnotta

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source told The Associated Press the remains appear to be a human head.

Magnotta, 29, is accused

of the murder and dismemberment of Concordia University student Jun Lin. He has pleaded not guilty and has opted for a trial in front of a jury.

Lin's head has still not been found.

Montreal police spokeswoman Anie Lemieux says tests will be run on the remains to determine if they are in fact body parts, and whether they're related to the Magnotta case.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

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The 'God particle' does exist: Scientists

Higgs boson particle.

Scientists to argue on July 4 the particle that might explain the underpinnings of the universe almost certainly exists

Scientists believe the "God particle" is real and they are about to present their

evidence to the world.

Working at the world's biggest atom smasher on the Swiss-French border, they plan to announce Wednesday that they have gathered enough evidence to show that the long-sought "God particle" answering fundamental questions about the universe almost certainly does exist.

But after decades of work and billions of dollars spent, researchers at the

European Organization for Nuclear Research, or CERN, aren't quite ready to say they've "discovered" the particle.

The discovery of the Higgs boson won't change people's lives, but will help explain how the universe works.

It would confirm the standard model of physics that explains why fundamental particles have mass. Those particles are

the building blocks of the universe. Mass is a trait that combines with gravity to give an object weight.

The phrase "God particle," coined by Nobel Prize-winning physicist Leon Lederman, is used by laymen as an explanation for how the wonders of the subatomic universe work.

Experts say the scientists will essentially show the footprint of the key particle. **THE ASSOCIATED PRESS**



This painting shows what Higgs boson might look like. **THE ASSOCIATED PRESS**



Prince Charles 60 years a duke

Prince Charles looks at postcards on sale during a visit to Heartlands Community Regeneration Project in Truro, southwest England, on Monday. The Prince of Wales is celebrating 60 years as the Duke of Cornwall. **CHRIS JACKSON/THE ASSOCIATED PRESS**

Necrotizing fasciitis

Flesh-eating-disease victim seeks graduation

An American woman with a rare flesh-eating disease left hospital Monday after nearly two months and headed to an inpatient rehabilitation clinic.

There she'll learn to move after having her left leg, right foot and both hands amputated.

Aimee Copeland, 24, a graduate student in psychology, was diagnosed with the infection after she suffered a deep cut on May 1.

Copeland's goal is to graduate from the University of West Georgia.

Her speedy recovery has defied doctors' prognosis. At first they gave her a slim chance of surviving.

A week ago, hospital officials upgraded Copeland's condition from serious to good. Her parents last weekend were able to take her outside the hospital's doors in her wheelchair.

THE ASSOCIATED PRESS

Washington state

Kangaroo escapes from private owner

Startled drivers weren't seeing things — it really was a kangaroo hopping down the highway in Washington state.

Its owner tracked it down and caught it, with the help of friends.

The man lives in a part of the state where reports say it's legal to own exotic pets.

The meandering marsupial nearly caused a couple of accidents Saturday.

Police responded, keeping the kangaroo off the road while it was tracked down and taken home.

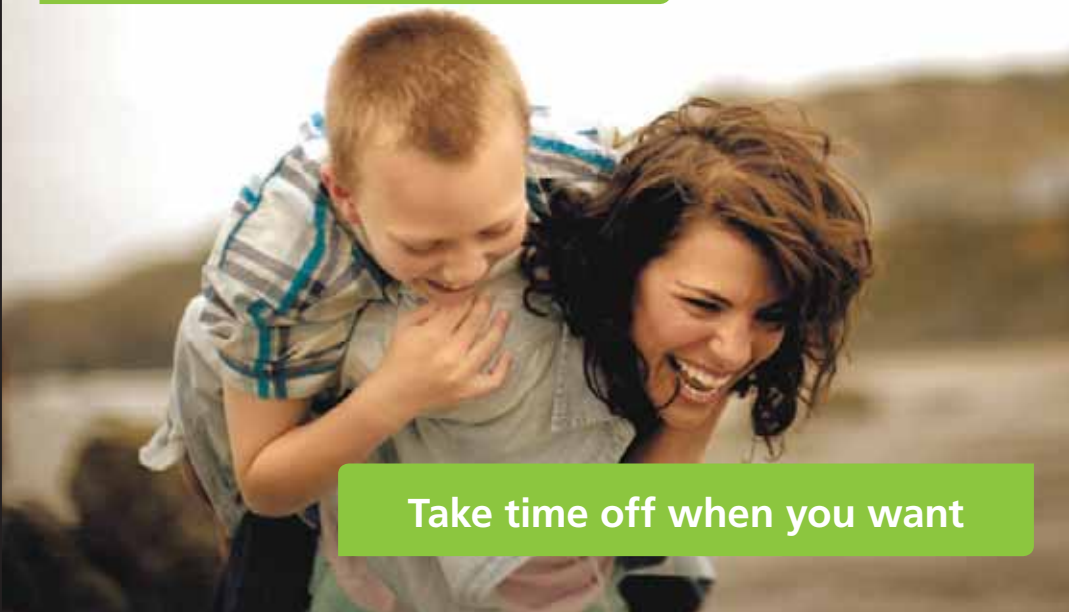
The owner of the kangaroo also has a zebra.

The kangaroo's escape occurred near Pasco in Washington state on the American west coast.

THE ASSOCIATED PRESS

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Landmark verdict in molestation case

Watchtower Bible and Tract Society.

Case shines a spotlight on sexual abuse within Jehovah's Witnesses congregations

Candace Conti says the abuse began when she was nine years old, distributing Bibles door to door with a fellow congregant, a hulking, loud man named Jonathan Kendrick.

It was the mid-1990s in Fremont, Calif. Conti's parents were having marital problems and her mother was sick and distracted. So the little girl found family in her tight-knit Jehovah's Witness congregation — and Kendrick found a victim.

For two years, Conti says, the man repeatedly molested her at religious gatherings, most frequently when she went out with Kendrick to proselytize. When he hugged her, she was afraid of being crushed.

"I was very scared," Conti, now 26, told Torstar News Service from California. She later learned she was not Kendrick's first victim and sued the Watchtower Bible and Tract Society of New York — the corporation that oversees the Jehovah's Witnesses — alleging that church leaders, called elders, knew Kendrick had pre-

viously abused another girl and did nothing to protect her.

Her lawsuit alleged the church allowed her molestation and even had a policy, dating to 1989, that instructed elders to keep accusations of child sex abuse secret.

In a landmark ruling in mid-June, a California jury sided with Conti, ordering the Watchtower to pay nearly \$25 million in damages and Kendrick to pay more than \$3 million.

"This was about telling the Watchtower ... that they gotta change. They're the last ones to be keeping this secret," said Rick Simons, Conti's lawyer.

While sex-abuse cases involving the Catholic Church have had extensive public attention in recent years, Conti's case shines a spotlight on sexual abuse within Jehovah's Witnesses congregations.

It specifically addresses allegations of extreme secrecy: of church elders hushing victims, of children having to come up with witnesses to their abuse, of victims being made to publicly confront their abusers.

The Watchtower's defeat in court could lead to more lawsuits, possibly even in Canada, where there are more than 110,000 practising Jehovah's Witnesses and numerous former members.

"They're sure getting a bloody nose over this one," said retired University of Lethbridge professor James Pen-

ton, a former member of the denomination and author of three books on it.

Penton, 80, stressed he doesn't think child abuse is more common in Jehovah's Witness congregations than in any other religion or group. He also said many elders follow laws about informing authorities of suspected child abuse — action that the Watchtower's policy on child protection explicitly states elders should take.

But he said there's truth to allegations the Watchtower simultaneously encourages secrecy when dealing with child-abuse matters — a troubling fact given its decrees are followed by congregations worldwide.

"They keep sending out various messages to the local elders, telling them to keep this sub rosa ... the terrible, nasty aspect to this whole thing is the coverup," Penton said.

TORSTAR NEWS SERVICE

Congregation reaction

The Watchtower did not return a request for comment from Torstar News Service. But Jim McCabe, a lawyer for the organization, said in a statement following the Conti verdict that Jehovah's Witnesses "respectfully disagree with the jury's decision." "This is the first time that an organization was found responsible for the alleged

misdeeds of a member who held no position of leadership or authority," the statement said. "We are very sorry for whatever harm this young lady may have suffered. However, the organization is not responsible." Jehovah's Witnesses, it added, "abhor child abuse and strive to protect children from such acts."



For the love of the game

Spain's national football team celebrates with the UEFA Euro 2012 trophy on a double-decker bus during the squad's victory parade in Madrid on Monday. Spain beat Italy, 4-0, in the tournament final in Kyiv on Sunday. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES



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'Robin Hood' tax scheme gains support

Taking from the rich.

Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay's Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent,

Innovative idea

The idea for the tax is based on Nobel Prize-winning American economist James Tobin's work, said Simon Chouffot, a spokesperson for the Robin Hood Tax campaign in the U.K.

- The idea was first popularized in the 1990s after the Asian financial crisis, Chouffot said.
- But after the financial crisis in 2008, which triggered a global recession, it really took hold among groups in Europe.

depending on what's being traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

"We're calling for taxing

banks and financial institutions that have caused the economic crisis," Idelson said.

"This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone."

The Canadian Federation of Nurses Union's campaign in support of the Robin Hood Tax began earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses' union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn't favour such a move.

Linda Silas, president of the Canadian Federation of Nurses Union, said that in the coming months more organizations will be asking for the tax in federal budget consultations.

TORSTAR NEWS SERVICE



Exxon Valdez's final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India's western coast near the Alang ship-breaking yard in Gujarat on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India's Supreme Court had earlier banned the vessel, which dumped more than 40 million litres of crude oil into Alaska's Prince William Sound in 1989, from entering the country for dismantling until it has been decontaminated.

THE ASSOCIATED PRESS

Tacos. Hoax turns to feast

Residents of Bethel, Alaska, were ecstatic when they first heard a Taco Bell restaurant was opening in their small town.

The joy, however, turned into disappointment. The flyers announcing the chain's arrival was a hoax — the result, police say, of a feud between two residents.

But all was not lost — Taco Bell executives learned of the mixup and arranged an enormous feast for Sunday. They planned to fly enough ingredients in from Anchorage to make 10,000 tacos.

"It'll be a big event for our community," Mayor Joe Klejka said.

Taco Bell will offer its fare for free. There will be 950 pounds of seasoned beef, 300 pounds of lettuce, 150 pounds of cheddar cheese, 500 pounds of sour cream and 300 pounds of tomatoes.

The chain is accustomed to feeding large groups of people in far-flung places, such as the U.S. troops in Iraq and Afghanistan. THE ASSOCIATED PRESS

WORD FOR TODAY

Taking a moment to wait for God to speak before venturing out will save you a lot of headaches. Moving without God's direction results in waste. (*I will hear what God will speak; for He will speak peace unto his people. Psalm 85:8*)



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Agency directs airlines to offer more options for disrupted flights

Passengers on Canada's major airlines will soon have more options when their flights are overbooked, delayed or cancelled.

The decision by the Canadian Transportation Agency affects Air Canada, WestJet and Air Transat.

It says passengers should be allowed to opt for a full refund and a free trip home if a cancellation or overbooking throws a wrench into their travel plans.

Until now, airlines have had discretion over whether to grant a refund or rebook

passengers.

The agency also says that in certain cases carriers must rebook passengers on the first available flight — even if that flight is with a competing airline.

The rulings are in response to complaints filed by Gábor Lukács, a Halifax resident, who has taken on the airline industry several times.

In a news release Thursday, the agency noted that in the past, when refunds were warranted, passengers were only reimbursed for the unused por-

tion of their tickets.

The ruling makes it clear that passengers will be able to choose whether they are rebooked or get a full refund.

If they no longer want to follow through with their travel plans because of a delay or cancellation, they are entitled to be flown home free of charge — within a "reasonable time frame" — and receive a full refund on their ticket.

The new regulations do not apply to disruptions caused by bad weather or security issues.

THE CANADIAN PRESS

Market Minute

DOLLAR
(Markets closed)

TSX
(Markets closed)

OIL
\$83.75 US (-\$1.21)

GOLD
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U.S.A. VERSUS THE LAND OF 'EH'



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I'm a dual citizen of both Canada and America, so the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "USA No. 1" as they spoon-feed themselves ranch dressing. And when they do think about us Canadians they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

Duelling citizenship

"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."

And, yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle; and, yes, the names of our coins suggest badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

1 Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so, really, that's two points for Canada.

2 Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

3 In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal.

4 Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse, America?

5 Legalized same-sex marriage.

6 Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

7 Canadians were wearing plaid before it was ironic.

8 Fact: Caesar > Bloody Mary.

9 We have the most patriotic customer-loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

10 We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: a heavenly medley of cheese curds, gravy and fries. O Canada indeed.



Dressed in their 'Nunday' best



BRENDAN LANDY/LANDYPHOTO.COM

World record attempt

Getting into the habit for a good cause

One town in southwest Ireland devoutly took a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness world record for most "nuns" in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. **MWN**

Numbers in B&W

1,456



The number of people dressed up as nuns that gathered in a Gaelic football field in Listowel on Saturday.

They smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

'Nun' the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.
- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."



Spirits, and legs, rise as "nuns" gather to set a world record. **BRENDAN LANDY/LANDYPHOTO.COM**

Upcycle that old bike by turning it over to retiree who'll fix it up for kid in need

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Some people really know how to put the wheels of charity in motion.

Phil Unland has dedicated his retired life to fixing up old bicycles for children in the region who need one.

With the help of four friends, Unland gives broken bikes a new life in a makeshift workshop provided by the Calgary Salvation Army Children's Village.

Unland's vibrant personality and caring nature has ensured full support from the community.

The group is always looking for old bicycles in need of repair. If you would like to help or make a donation, call 403-547-1173.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

2

SCENE

Box office

A teddy bear's picnic

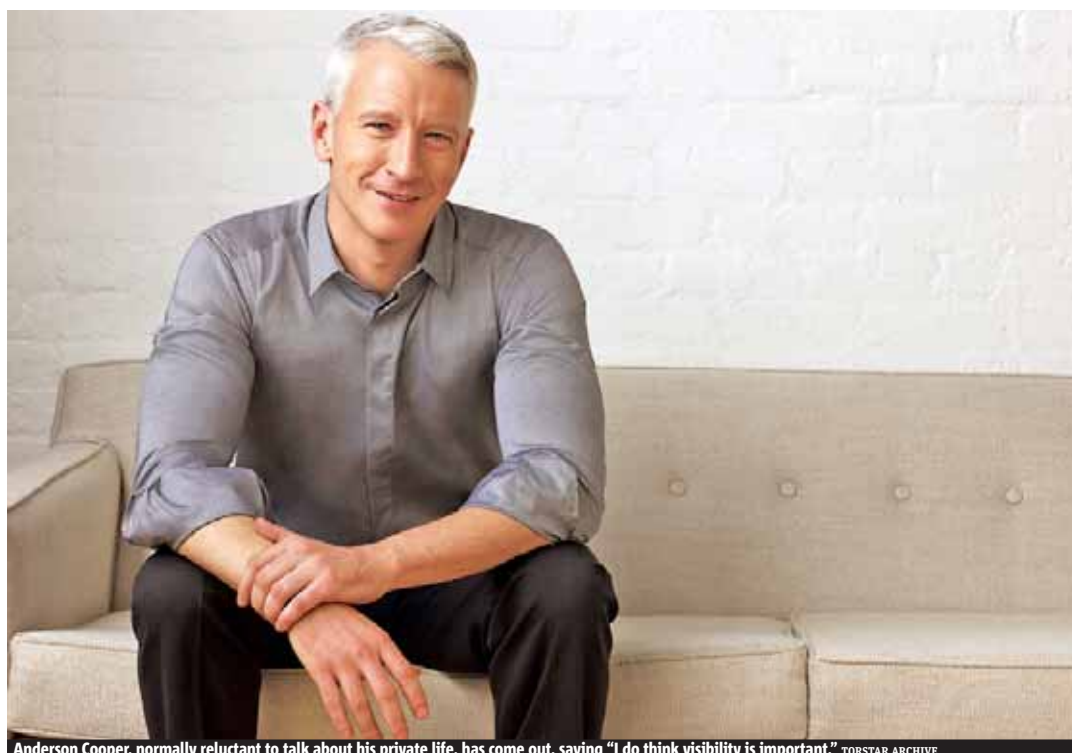
It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with \$54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with \$39.2 million.

THE ASSOCIATED PRESS

On the web



Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each



Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

Cooper: 'I'm gay'

Coming out. CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, al-

ways have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide

something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THEDAILYBEST.COM

Action

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast. Spidey improves as a livelier, more playful hero, too, but in essence, this web-head is too familiar for true impact.

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Empire Studio 16

Country Hills

Tue-Thu 1-4:20-7:45 3D Tue-Thu 12-3:20-6:30-9:40 An IMAX 3D Experience Tue-Thu 12:30-3:50-7-10:10

Empire Studio 10

Tue-Thu 6:20-9:30 3D Tue-Thu 12-3:30-6:50-10 Tue-Thu 12:30-4-7:20-10:30

Scotiabank Chinook

Tue-Thu 11:15-2:15-5:15-8:10-11:10 3D Tue-Thu 12:30-3:40-7-10:10 Tue-Thu 1:30-4:40-7:50-11 An IMAX 3D Tue-Thu 1-4:10-7:20-10:30

Sunridge Spectrum

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Alex Pettyfer bares all

Q&A. Stripper movie lead talks awkward moments, getting psyched and Channing Tatum

NED EHRBAR
Metro World News in Los Angeles

Audiences are already familiar with Alex Pettyfer after a busy year in 2011 — he appeared in *I Am Number Four*, *Beastly* and *In Time* — but they're now able to see a lot more of him, to put it lightly, with the release of *Magic Mike*. Pettyfer stars as a newcomer to the world of male stripping taken under the wing of the titular Mike (Channing Tatum, who is also the inspiration for Pettyfer's character). Stripping may seem like a daunting gig, but it turns out baring all didn't bother him as much as learning to dance.

How awkward have interviews for this film been?

When you do a male stripper movie, they're going to ask you interesting questions. So you have to take everything and bite the bullet. Yes, I think the most frequently asked question is biggest wardrobe malfunction. And I think the biggest wardrobe malfunction that you

have is that when you wear a thong and you have screaming girls, it can accidentally fly off. Thank God that didn't happen to me. It was during Matthew (McConaughey's) dance. It was kind of very funny.

Once you've signed up for a role like this, clearly you know what you're in for. But how do you mentally psych yourself up for it?

It's a very scary thought — one, to dance, as I've never danced before, and two, the fact that you're going to dance practically naked. You kind of just wrap your head around the fact that you've got to dive into it fully. And the fact that all the other guys are in the same boat as us, doing the same thing and — apart from Channing — not having the experience beforehand and having the experiences firsthand on the set, was also very calming.

You're not playing Channing Tatum per se, but he is the basis for your character.

Having him there must be ...

A little awkward. (Laughs) It's a little awkward, yeah, because obviously he's a phenomenal dancer, for one, and you can't compete with that. And he's lived this life. But it actually really helped me, personally,

because the awkwardness and vulnerability of not having experienced what goes on in this world was actually what my character had to experience.

You also had some enthusiastic extras on set for the dances.

They were phenomenal. I wouldn't really call them actresses because I think they were very, very glad to be there. On most film sets with background, you have to be like, "Give more!" And with these guys, for 12 hours straight they were screaming. It just gave us the best energy. They did get out of hand. They got out of hand with Channing, and they 100 per cent got out of hand with Matthew, because that was not planned (when they rush the stage during his dance). I thankfully didn't have any run-ins with them.

What was your least favorite dance routine costume?

I mean, my favorite was my least favorite because it was the hardest thing to get off. I just wanted to get it off and go for it, which is kind of funny because the first time I stripped, I wanted to keep all my clothes on. But that's a character choice and how my character is. He eventually loves what he does. So I guess the cowboy outfit?



Alex Pettyfer stars in *Magic Mike* as a young male stripper learning the trade. GETTY IMAGES

JULY 6 - 15, 2012

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Chris Brown's latest album mostly mediocre listening fare

Review. While there are standout tracks on *Fortune* — Brown's follow-up to the highly successful *F.A.M.E.* — overall the album lacks flow

One of the best songs on Chris Brown's new album is a soft number, *Don't Judge Me*, that finds him asking a girlfriend to look past his mistakes.

"So please don't judge me, because it can get ugly, before it gets beautiful," he

sings in his signature semi-high pitch.

For another singer, such a tune might come off as just another relationship plea.

But coming from the bad boy singer whose career is nearly restored after his attack on Rihanna three years ago, it seems like a cry for understanding to the whole world and makes him sound vulnerable and appealing.

When Brown opens up, he's the best version of himself. Unfortunately, there aren't enough of those songs to make *Fortune*, the 23-year-old's fifth album, a must have (it's the follow up to

last year's Grammy-winning *F.A.M.E.*).

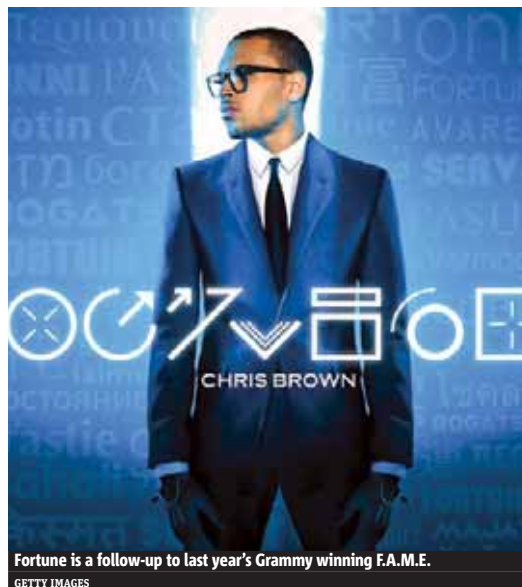
The album veers from hip-hop flavoured party jams to electronic, pulsating tracks meant for laser light shows to more emotional fare.

The album suffers from Brown's cocky rap-talk and the computerized noises that drown out today's dance songs.

One of the highlights is 4 Years Old.

Like *Don't Judge Me*, it is soft and slow, with Brown recalling his childhood, singing: "Feels like I'm 4 years old all over again, because I'm just running fast, I should be walking, saying when I grow up you gon' see, I'm gon' be comfortable and happy."

But most of the other tracks are mediocre, and those that standout — like *Biggest Fan* and *2012* — suffer from the album's lack



Fortune is a follow-up to last year's Grammy winning F.A.M.E.

GETTY IMAGES

Check this track out:

- Party Hard/Cadillac is an amazing five-minute combination of two songs.
- It starts off groovy and bouncy before transitioning to an even better jam that features doo-wops, finger snaps and one of Brown's best vocal performances.

of flow and patchy feel. But production may also be the blame: The 14-track set is overloaded with too many producers and songwriters.

Sometimes *Fortune* feels like a mix tape.

THE ASSOCIATED PRESS

Unessential listening

When Brown opens up, he's the best version of himself. Unfortunately, there aren't enough of those to make *Fortune*, the 23-year-old's fifth album, a must have.

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MARLOW STERN
Newsweek

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Canada

Kunis picks web winners for gal pals

You'll find Mila Kunis on online dating sites — but she's not looking for herself (rumour has it, she's ca-noodling with Ashton



Kutcher). "I go on and I pick the guys for my friends," the star of *Ted* tells *Glamour* magazine, via Yahoo!'s omg blog.

"It's online shopping! We all get together with our laptops and have a glass of wine. Then we message the guy. I'm just very honest and blunt." And she rewrites profiles, too: "I'm really good at 'About Me,'" she says.

"I feel like I could never write anything about myself, because that's like a therapy session. But about your girlfriends? You just write what you love about your friends. If I didn't do what I do, I would do Internet dating instead of going out to bars. In two seconds I would. It makes so much more sense."

Twitter



@nickcannon

My wife is like Wonder Woman! Hours ago she was looking gorgeous on stage in LA and now she is back NY before breakfast. #NCREDBLE



@SarahKSilverman

My niece was born w congenital jazz hands. (Fosse diseases)



@JudahWorldChamp

72 ounce steaks with mash potatoes and chili is my favorite snack food.



@markhoppus

Paris is a gorgeous city. Every time I'm here I just want to sit at a cafe, smoking coffee and eating cigarettes.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So long to Scientology for Suri?

MONICA WEYMOUTH

scene@metronews.ca

We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri, which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

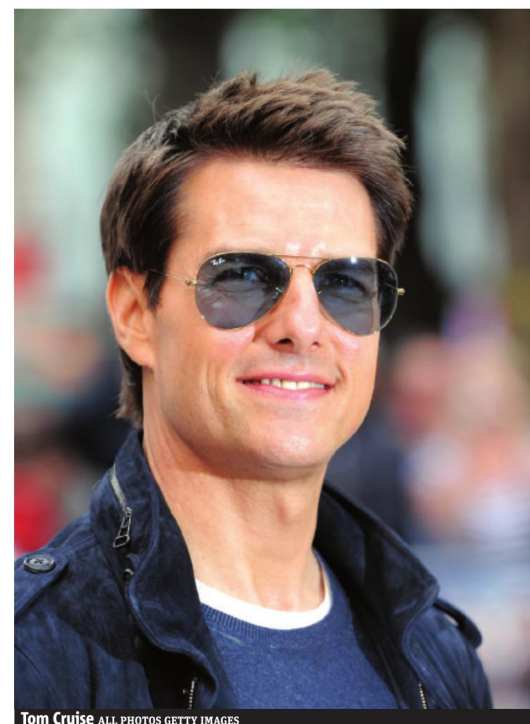
"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is



considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion in 2012, it's going to have to start doing much more depraved stuff than stalking Katie Holmes.



Tom Cruise ALL PHOTOS GETTY IMAGES

33 shades of bizarre: Cruise playing numbers game with nuptials?

The next dame Cruise decides to date might want to double-check her birth certificate.

The web was crazier than a Thetan gone mad this weekend over the impending divorce of Tom Cruise and Katie Holmes, but PerezHilton.com picked up on a particularly odd pattern in Tom Cruise's romantic history.

"All three of Tom Cruise's marriages have ended when the wives were 33.

He wed MiMi Rogers

in May of 1987, but they broke up in 1990... when she was 33.

Then he moved on with Nicole Kidman. They were happy for 10 years but guess what! They split when she was 33 too! And now, just a day after her divorce announcement, Katie Holmes has 33 years under her belt. Katie collects 3 million for each year of marriage, up to a maximum of 11 years, equaling \$33M (we're back to that 33 numerology again!)"

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Fitness pick

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Electric Foxy's Move vest is every fitness fanatic's dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. **METRO**

On the Web



Addressing mental health issues key when treating obesity, experts say

Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA MCGUINNIS**

First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

RICHARD PECKETT
richard.peckett@metro.lu

TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3:30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."



DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

BODY MAINTENANCE

"It's pretty basic. In the morning, I'll have some porridge and some fruit. If I'm still hungry, some toast. For lunch it's carbohydrates and protein and for dinner, white meat (fish) and vegetables. The absolute no-no before the Games are takeaways and heavy nights out."

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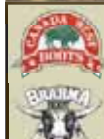
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How to know if you really 'click'

Online dating. Is he a keeper? Is she crazy? Learn to read between the lines of a carefully constructed profile



SARA DIMERMAN
life@metronews.ca

I've found the perfect match. If Plenty Of Fish were to search its databank to find the perfect partner, it you would no doubt find true love with Facebook.

To illustrate why, I'll paint a picture of an online dater — in this case scenario, a 20-something female in front of her computer screen conducting a search on one or more of her favourite Internet dating sites. She's searching by where he lives and his age. At least 50 profiles appear but she doesn't even bother reading them until she spots a look that appeals to her.

Then she reads his profile

and if she's still interested, sends him a message. He writes back and after several days of back and forth messages, she moves in a little closer. At this point, she likely asks if he wants to Skype or if he has Facebook. Facebook, it turns out, is her screening tool. There's so much to learn from reading a potential lovers wall. If she's looking for a mature gentleman, she is totally turned off if he swears gratuitously or uses his wall to share half naked pictures of himself and his friends in a drunken stupor. On Facebook, she's able to read between the lines instead of just knowing him through polite online conversation.

So, here are some tips for anyone looking to meet a mate online:

Post a picture

Even though it may seem shallow to only respond to people who have posted pictures of themselves, it appears suspicious if you don't. People might wonder what you're trying to hide. Besides, when you're trying to meet someone through

the Internet, visuals are key. Since beauty truly is in the eye of the beholder, there's opportunity for everyone to meet someone.

Don't drag your feet

If you're serious about meeting someone online, expect to move fairly quickly from that first stroke on the keyboard to meeting in person. If you're still in the chatting online phase after weeks of first connecting, it's likely that the person you're talking to may lose interest and move on.

Be prepared to share more than your name

Even before meeting, be prepared to move beyond chatting on your screen to chatting via Skype, for example, so that each of you can hear the others voice or see each other live. Also be prepared to share other information such as your Facebook page or other profiles.

Be courteous

If you decide, after knowing more about someone, that you'd prefer not to continue



Reeling one in: There are plenty of fish in the online dating sea. ISTOCK

talking, don't just stop. Share that you feel that you're not a great match after all, wish him or her well, and then move on. Same idea for after a first date even.

Have an escape plan

When you do meet, do so in a public place that you're familiar with. If you're a student, meet close to your university or college. If you're working or at home, meet at the coffee shop in your building or close by. That way, you know where to go or turn to if you feel vulnerable. Also, let a friend or family member know who you are

meeting and where.

One dater shared that she had a friend contact her a half hour into each first meeting so that she had a way out if she wasn't comfortable or enjoying herself.

No escaping who you really are

One of the great things about social media, Facebook and the Internet is that your date can't hide from who he or she really is. Chances are that if you have a bad reputation or treat people poorly, your potential date will figure that out pretty quickly.

So, even if there are plenty of fish, if you're looking to catch a really good one, you may want to take a fresh look at what others are seeing, and think about whether you're attracting the kind of attention you had hoped for.

SARA DIMERMAN IS REGISTERED WITH THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO AND PROVIDES COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES. SHE IS THE AUTHOR OF THREE BOOKS, INCLUDING HOW CAN I BE YOUR LOVER WHEN I'M TOO BUSY BEING YOUR MOTHER: THE ANSWER TO BECOMING PARTNERS AGAIN. VISIT HER WEBSITE AT HELPMESARA.COM

Advice

Distance can bring clarity

Dear Sisters,
I've been in a rocky relationship for a couple of years now, and we're slowly making progress. Recently, my boyfriend was offered a job abroad and would only be here a few months out of the year. I'm supportive, but worried. With everything we've

already been through, I'm not sure if our relationship can withstand the distance. Any advice? Rocky Road

Andrea: Dear Rocky,
Are you comfortable with the progress you've made or is there still more to be done before you feel fully committed? Any "loose ends" need to be addressed before his departure so that you can enjoy the limited time you do share.



TWO SISTERS
Andrea and Claire
life@metronews.ca

Separation can be a blessing in disguise: sometimes our fear of being apart is really just a fear of being alone. You could discover an

entirely new you without the pitfalls of breakups or "breaks". The time and energy you'll get back may be used for creative endeavours you didn't know you were capable of.

Of course, it will also give you some clarity on where you two really stand. Even if that ends up spelling trouble for your relationship, would you rather be happy and apart or unhappy and together?

Claire: Dear Rockette,
Sometimes life gives you the exact roadblocks you didn't know you needed. You two are being forced to take a close look at how much this relationship means to you, and whether it has a future.

If he plans to go, it's because part of him doesn't mind leaving his life behind, you included. That doesn't mean he doesn't care about you, it's just

where he is in the relationship.

Establish how often you will visit each other, whether you can have flirtations with others, and how long he will give this job to decide whether it's what he wants and also how long you can wait for him. That way you both have clear expectations, so you can both get on with your individual lives in a united way.

Don't expect five-star service from a diner



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler,
I'm very frustrated when I go out to eat in public restaurants and the service staff are poorly trained and often either don't know what they are doing or don't care.

I feel that when I go out and spend my hard-earned money in a restaurant, that good service is part of the overall experience and the reason you go out to eat. What do you think? Signed, Desperate for good service

Dear Desperate for good service,

I fully understand your desire for good service! In fact excellent service makes such an impression, that restaurateurs who have figured this out often do much better with their bottom line than restaurants who either don't train their staff properly or pay poor attention to this important detail.

But I also think that there are different levels of service and that we should set our expectations accordingly. I would expect to go to a fast food restaurant and experience pleasant, polite and efficient service but nothing else.



Good service can make eating out a joy. ISTOCK

But I certainly expect a higher level of knowledge and

service in a more expensive restaurant. For me poor

service is the most annoying. I am especially annoyed by a waiter who thinks it's necessary to be my best friend while at the table. I have no

desire to be their buddy and I just want them to serve the meal properly and allow me to enjoy the company of those I am dining with!

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Ready to hit the road? ISTOCK IMAGES

Get outta your dreams, get into your used car

Previously loved wheels. Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisonmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 Ecoboost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars. Not long ago the win-

ners came from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Here are some of the major category winners for the years 2005 to 2010:

New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

- Compact sedan: Hyundai Elantra
- Mid-size sedan: Nissan Altima
- Large sedan: Hyundai Azera
- Wagon: Pontiac Vibe
- Compact SUV/Crossover: Honda CR-V
- Minivan/Van: Honda Odyssey
- Compact Truck: Toyota Tacoma
- Hybrid: Toyota Prius

You can find all the category results with notes about the models at edmunds.com/car-reviews/best-used-cars.html.

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no

down payment then you could easily have higher monthly payments buying used.

Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you

Alison's money rule

"Used cars can be better than new with a big down payment and a little research."

purchase through a dealer.

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

When it comes to money, track it or lose it, baby



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

According to H&R Block and Canada Revenue Agency last week, most Canadians filed their taxes by April 30 and now have their refunds, which averaged \$1,600. Many will use it to save or pay off debt while others will blow it on fun and frivolous items or upcoming summer holidays.

Do you have a plan for your tax return? Have you written it down on Post-it notes, a spreadsheet, built a budget, or made mental notes?

Through Mint.com, tracking your money, including tax refunds, is about to get way easier; no more wading through piles of statements or sorting through overly complex budgeting templates.

After a quick five minute sign-up process, Mint.com securely pulls all your financial accounts, from multiple institutions, into one place. Using their proprietary software, your financial information is categorized into understandable buckets of data like savings, investments, mortgages, bills and more.

These categories can be analyzed and summarized so that you know what your total financial situation looks like at any given time; including your net worth.

Mint.com also makes budget-

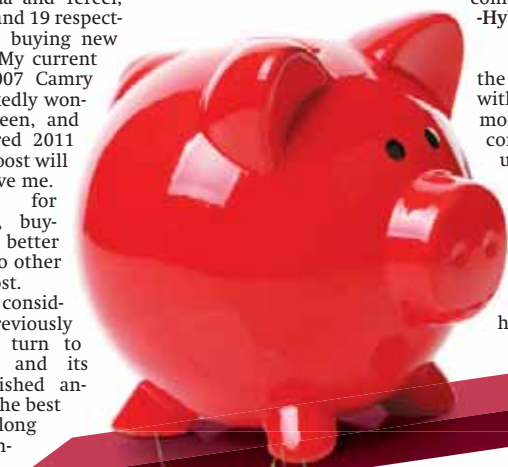
ing a synch. It automatically calculates your average spending in any category which allows users to create a realistic budget that is based on historical spending.

Once your budget is established, you can set goals to reduce unnecessary spending and support your larger financial plans for retirement, family, career and education. The investment tracking piece of the website allows you to compare how your portfolio is performing relative to various benchmarks. Mint.com also offers free tips to help build your bottom line.

If there looks to be something suspicious happening in your account or if you're dangerously close to blowing your budget in a particular category, you'll be notified. You can set up customized notifications such as bill due date reminders or credit availability. These alerts allow you to avoid fees and protect your credit score.

One of my favourite parts about Mint.com is the summary of fees within your various accounts; ATM, account, brokerage, and investment fees. Fees can gobble up hundreds of dollars throughout the year and Mint.com can help you identify and reduce them.

If you're scared to fork over so much personal information, rest easy. I, too, was a sceptic. But, I'm now convinced.





Websites and apps can help you know what happens to those 'lost' dollars and cents. ISTOCK IMAGES

Take the reins

"Tracking your financial progress and having financial goals is powerful and financially lucrative."

vinced that Mint.com's security system is as good as any major bank. Plus, it's essentially a "read-only" service so no one can move money in or out of your accounts.

The best part about Mint.com is that it's free. Plus, using your mobile app, you can track your money on the go.

Tracking your financial progress and having financial goals is powerful and financially lucrative.

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Delicious flavours of a Cobb Salad all healthily wrapped up



This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN



ROSE REISMAN
for more, visit
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing.

I've lightened up this classic and tossed it into a wrap.

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of

Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Health Solutions

Three small, sneaky super boosters



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

Cocoa nibs

Tastes like:
Bitter, crunchy chocolate chips

- Good for:**
- High in antioxidants
 - Contains potassium and magnesium (two nutrients often missing from pro-

cessed food)

How to use:
Add to yogurt, baking, salads

Chia seeds

Tastes like:
No taste, texture only

- Good for:**
- Excellent fibre (soluble and insoluble)
 - High in trace minerals

How to use:
Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

Hemp seeds

Tastes like:
Sunflower seeds

- Good for:**
- High in plant source protein
 - Contains good fat GLA needed to make hormones

How to use:
Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Asparagus and quinoa team up in a light summery salad

Quinoa, native to South America, is combined with grilled vegetables in this easy-to-prepare salad bursting with refreshing flavour. This vegetarian salad is a great option for brunch and outdoor celebrations, as a main-dish salad or as a side salad to accompany grilled meat, chicken or fish.

1. In a medium saucepan, bring quinoa and 500 ml (2 cups) water to a boil; reduce heat to low, cover and simmer for 15 minutes until most of the water is absorbed. Remove from heat, cover and let stand for 5 minutes. Place in a serving bowl; let cool.

2. Meanwhile, place asparagus, sweet pepper and onion

on a rimmed baking sheet; brush with 15 ml (1 tbsp) of the oil. Place vegetables directly on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and lightly marked, 5 to 10 minutes, transferring back to baking sheet as they are done. Let cool slightly. Cut into bite-size pieces, stir into quinoa along with chickpeas and parsley.

3. In a small bowl, whisk together remaining oil, orange rind and juice, honey, vinegar, mustard, garlic, salt and pepper; pour over quinoa mixture and toss to coat. Serve at room temperature.

THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 250 ml (1 cup) quinoa, rinsed
- 500 g (1 lb) asparagus, trimmed
- 1 greenhouse sweet pepper, seeded and quartered
- 1 large onion, cut into 1-cm (1/2-inch) thick slices
- 30 ml (2 tbsp) vegetable oil
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 125 ml (1/2 cup) chopped parsley
- 5 ml (1 tsp) grated orange rind
- 50 ml (1/4 cup) orange juice
- 15 ml (1 tbsp) liquid honey
- 15 ml (1 tbsp) each red wine vinegar and Dijon mustard
- 1 small clove garlic, minced
- 1 ml (1/4 tsp) each salt and pepper



This recipe makes six to eight servings. THE CANADIAN PRESS

Hudler joins Flames

NHL. Prized free agents Parise and Suter in holding pattern while Brodeur stays put in New Jersey

Jiri Hudler has landed with the Calgary Flames.

The 28-year-old centre signed a \$16-million US, four-year deal with Calgary on the second day of NHL free agency.

It will be just the second NHL team for Hudler.

In 409 career games, all with Detroit, he had 87 goals and 214 points. He scored

25 goals and 50 points in 81 games for the Red Wings last season.

"He is one of the very best goal scorers in the NHL at even strength," said Flames general manager Jay Feaster.

Hudler fills the hole left by the departure of Olli Jokinen, who signed with the Winnipeg Jets Monday. The 33-year-old agreed to a two-year deal worth a reported \$9 million US.

Considered the top catch in this summer's free agency pool, Zach Parise needed more than 24 hours to choose which hockey team to make happy.

"I'm getting closer but



The Calgary Flames signed Jiri Hudler to a four-year deal Monday.
JONATHAN DANIEL/GETTY IMAGES FILE

haven't made a decision," Parise told reporters Monday in Mississauga, Ont., according to The Canadian Press. "I

haven't set any deadlines."

New Jersey is hoping to keep Parise, who became a free agent Sunday when he didn't re-sign with the Devils. Pittsburgh, Detroit, Minnesota and Nashville are among the teams trying to lure him away from the only team he has played for in his NHL career.

Defenceman Ryan Suter is another top talent to hit the market. The 27-year-old, who also has played for only one team, the Nashville Predators, wanted more than a day to pick a place to play as well.

New Jersey did make a splash Monday morning, however, signing Martin Bro-

deur to a new two-year contract.

After testing free agency for the first time in his career, Brodeur, 40, earned a pact worth \$9 million. More than likely, the goaltender will finish his career with the Devils.

Meanwhile, the Montreal Canadiens locked up goaltender Carey Price for the next six years.

Price played 65 games for the Canadiens last season. The two-time all-star posted a 26-28-11 record with a 2.43 goals-against average, a .916 save percentage and four shutouts.

THE ASSOCIATED PRESS/
THE CANADIAN PRESS



Tour de France rolls through Belgium

The peloton rides through the countryside in Vise, Belgium, on Monday during Stage 2 of the 2012 Tour de France. Mark Cavendish led a bunch-sprint finish Monday to win the stage, while Fabian Cancellara retained the yellow jersey after the mostly flat ride. Victoria's Ryder Hesjedal finished 49th in the stage and remained 10th overall, 18 seconds behind Cancellara. DOUG PENSINGER/GETTY IMAGES

Wimbledon. Sharapova overpowered by Lisicki

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seeded and 2004 Wimbledon champion Maria Sharapova, a big hitter in her own right, was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitova was trying to come back after dropping her opening set.

Yaroslava Shvedova gave



Maria Sharapova, above, lost to Sabine Lisicki 6-4, 6-3 on Monday.
SANG TAN/THE ASSOCIATED PRESS

13-time major champion Williams all she could handle over the last two sets before losing 6-1, 2-6, 7-5. Williams will next face Kvitova, who came back to beat Francesca Schiavone 4-6, 7-5, 6-1. THE ASSOCIATED PRESS

NHL

Torres ban cut by four games

Seventy-six days after Raffi Torres concussed Marian Hossa and 46 days after he appealed the 25-game suspension that followed, the Phoenix Coyotes forward was awarded a reduced sentence.

NHL commissioner Gary Bettman deemed Torres' hit to be worth four less games than disciplinarian Brendan Shanahan after an appeal.

Torres already served 13 games of the suspension during the playoffs. He still has to sit out the coming pre-season as well as eight regular-season games.

THE CANADIAN PRESS

Olympics. No repeat of 8 gold medals for Phelps

There won't be a Beijing repeat in London. Michael Phelps has dropped one of his eight Olympic races. Phelps' coach, Bob Bowman, announced Monday on the final day of the U.S. swimming trials that Phelps was scratching the 200-metre freestyle, leaving him with seven events at the London Games.

The decision removes the chance of Phelps matching the record eight gold medals he won in Beijing.

"It's so much smarter for me to do that," Phelps told The Associated Press. "We're not trying to recreate what happened in Beijing. It just

Qualification

5

Phelps qualified in five individual events for London and is expected to swim all three relays. On Bowman's recommendation, he decided to focus on the 200 and 400 individual medley and the 100 and 200 butterfly.

makes sense."

Bowman said his main concern was Phelps being fresh for the 400 freestyle relay. While the U.S. has traditionally dominated that event, the Australians are favoured for London. THE ASSOCIATED PRESS

4

SPORTS

UFC

Another fighter taps out of Calgary card

Injuries continue to take a toll on UFC 149. The latest fighter forced to pull out of the July 21 card at Calgary's Scotiabank Saddledome is welterweight striker Siyar Bahadurzada. American Matthew Riddle will step in for the Afghan-Dutch 170-pounder against Canadian Chris (The Menace) Clements. Fighters forced to drop off the card include featherweight champion Jose Aldo, heavyweight Antonio Rodrigo Nogueira, light-heavyweight Thiago Silva, middleweight Michael Bisping, welterweights Thiago Alves and Yoshihiro Akiyama, featherweight George Roop, and bantamweight Bibano Fernandes.

THE CANADIAN PRESS

Mobile news



Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	48	31	.608	—
Baltimore	42	36	.538	5½
Boston	42	37	.532	6
Tampa Bay	42	38	.525	6½
Toronto	40	40	.500	8½

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	42	37	.532	—
Cleveland	40	39	.506	2
Detroit	39	41	.488	3½
Kansas City	36	42	.462	5½
Minnesota	34	45	.430	8

WEST DIVISION				
	W	L	Pct	GB
Texas	50	30	.625	—
Los Angeles	45	35	.563	5
Oakland	38	42	.475	12
Seattle	34	47	.420	16½

Monday's results
L.A. Angels 3, Cleveland 0
Minnesota 6, Detroit 4
Kansas City 11, Toronto 3
Tampa Bay 4, N.Y. Yankees 3
Boston at Oakland
Baltimore at Seattle

Sunday's results
L.A. Angels 10 Toronto 6
Boston 2 Seattle 1 (10 innings)
Cleveland 6 Baltimore 2
Detroit 5 Tampa Bay 3
Minnesota 7-5 Kansas City 8
N.Y. Yankees 4 Chicago White Sox 2

Saturday's results
Toronto 11 L.A. Angels 2
Cleveland 11 Baltimore 5
Detroit 6, Tampa Bay 2
Minnesota 7-5 Kansas City 2-1
N.Y. Yankees 4 Chicago White Sox 0
Seattle 3 Boston 2 (11 innings)
Texas 7 Oakland 2

Tuesday's games — All Times Eastern
L.A. Angels (Haren 6-7) at Cleveland (McAllister 2-1), 7:05 p.m.
Minnesota (Blackburn 4-5) at Detroit (Scherzer 7-5), 7:05 p.m.
Kansas City (Mazzaaro 3-2) at Toronto (Cecil 1-1), 7:07 p.m.
N.Y. Yankees (Nova 9-2) at Tampa Bay (Shields 7-5), 7:10 p.m.
Texas (Oswalt 2-0) at Chicago White Sox (Sale 6-5), 10:10 p.m.
Boston (Lester 5-5) at Oakland (Undecided), 10:05 p.m.
Baltimore (W.Chen 7-4) at Seattle (F.Hernandez 6-5), 10:10 p.m.

Wednesday's games
N.Y. Yankees at Tampa Bay, 3:10 p.m.
Boston at Oakland, 4:05 p.m.
L.A. Angels at Cleveland, 4:05 p.m.
Baltimore at Seattle, 4:10 p.m.
Minnesota at Detroit, 7:05 p.m.
Kansas City at Toronto, 7:07 p.m.
Texas at Chicago White Sox, 7:10 p.m.

BASKETBALL

WOMEN'S OLYMPIC QUALIFYING

At Ankara, Turkey
Sunday's result
(winner earns final berth for London)
Canada 71 Japan 63
Saturday's results
Semifinals
Canada 58 Argentina 41
Japan 79 South Korea 51

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	45	32	.584	—
New York	43	37	.538	3½
Atlanta	41	38	.519	5
Miami	38	41	.481	8
Philadelphia	36	45	.444	11

CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	43	35	.551	—
Pittsburgh	43	36	.544	½
St. Louis	42	38	.525	2
Milwaukee	37	42	.468	6½
Houston	32	48	.400	12
Chicago	30	49	.380	13½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	45	35	.563	—
Los Angeles	44	36	.550	1
Arizona	39	39	.500	5
Colorado	30	49	.380	14½
San Diego	30	50	.375	15

Monday's results
Pittsburgh 11, Houston 2
Chicago Cubs 4, Atlanta 1
Milwaukee 6, Miami 5
St. Louis 9, Colorado 3
San Diego at Arizona
Cincinnati at L.A. Dodgers

Sunday's results
Chicago Cubs 3 Houston 0
L.A. Dodgers 8 N.Y. Mets 3
Miami 5 Philadelphia 2
Milwaukee 2 Arizona 1
San Francisco 2 Colorado 0
San Diego 4 Cincinnati 3
St. Louis 5 Pittsburgh 4
Washington 8 Atlanta 4

Saturday's results
Atlanta 7 Washington 5
Chicago Cubs 3 Houston 2
Cincinnati 2 San Francisco 1
Miami 3 Philadelphia 2
Milwaukee 10 Arizona 2
N.Y. Mets 5 L.A. Dodgers 0
Pittsburgh 7 St. Louis 3
San Diego 8 Colorado 4

Tuesday's Games — All Times Eastern
Miami (A.Sanchez 4-6) at Milwaukee (Estrada 0-3), 4:10 p.m.
San Francisco (Linccum 3-8) at Washington (Zimmermann 4-6), 6:35 p.m.
Houston (Harrell 7-6) at Pittsburgh (Burnett 9-2), 7:05 p.m.
Chicago Cubs (Volstad 0-6) at Atlanta (Jurjens 1-2), 7:10 p.m.
Pittsburgh (Worley 4-4) at N.Y. Mets (Niese 6-3), 7:10 p.m.
Colorado (Francis 1-1) at St. Louis (J.Kelly 1-0), 8:15 p.m.
Cincinnati (Cueto 9-4) at L.A. Dodgers (Capuano 9-3), 10:10 p.m.

Wednesday's games
San Francisco at Washington, 11:05 a.m.
Philadelphia at N.Y. Mets, 1:10 p.m.
Houston at Pittsburgh, 1:35 p.m.
Miami at Milwaukee, 4:10 p.m.
Chicago Cubs at Atlanta, 7:10 p.m.
Colorado at St. Louis, 7:15 p.m.
Cincinnati at L.A. Dodgers, 9:10 p.m.
San Diego at Arizona, 9:40 p.m.

AUTO RACING

NASCAR SPRINT CUP

Through June 30
1. Matt Kenseth, 633 points; 2. Dale Earnhardt Jr., 622; 3. Jimmie Johnson, 610; 4. Greg Biffle, 608; 5. (tie), Denny Hamlin and Kevin Harvick, 565; 7. Clint Bowyer, 557; 8. Martin Truex Jr., 556; 9. Tony Stewart, 545; 10. Brad Keselowski, 537.

ROYALS 11, BLUE JAYS 3

Kansas City	ab	r	h	bi	Toronto	ab	r	h	bi
AGordn lf	5	0	2	1	Lawrie 3b	4	1	1	0
AEscor ss	4	1	1	0	Rasmus cf	4	1	1	1
Hosmer 1b	4	2	2	0	Bautist rf	3	1	2	1
Butler dh	4	1	0	0	Encnc dh	3	0	1	0
YBtncr 2b	5	2	2	2	YEscor ss	4	0	0	1
Mostks 3b	5	1	2	5	KJhnsn 2b	3	0	0	0
Franc rf	4	1	0	0	RDavis lf	4	0	1	0
S.Perez c	4	2	2	2	Lind 1b	4	0	0	0
Bourgs cf	3	1	3	0	Arenci c	3	0	0	0
Dyson ph-cf	1	0	0	0					
Totals	39	11	14	10	Totals	32	3	6	3

Kansas City 022 200 500 11
Toronto 101 010 000 3
DP—Kansas City 1, Toronto 1. LOB—Kansas City 5, Toronto 5. 2B—Hosmer (14), Y.Betancourt (9), Moustakas (18), Bourgeois (2), Lawrie (16). HR—Moustakas (14), S.Perez (3), Rasmus (16), Bautista (27). CS—Bourgeois (3).

	IP	H	R	ER	BB	SO
Kansas City						
Teaford WJ-1	7	5	3	3	2	2
K.Herrera	1	1	0	0	0	1
Collins	1	0	0	0	0	1

Toronto
R.Romero L:8-3 6 11 8 8 3 4
Pauley 3 3 3 3 0 1

R.Romero pitched to 2 batters in the 7th.
HBP—by Teaford (Encarnacion), by Pauley (Butler). WP—R.Romero.
Umpires—Home, Mark Carlson; First, Angel Hernandez; Second, Chris Conroy; Third, Ed Hickox.
T—2:36. A—17,127 (49,260).

CYCLING

TOUR DE FRANCE

At Seraing, Belgium
Leading results Monday from the second stage of the Tour de France, a 207.5-kilometre ride from Vise to Tournai with one easy climb midway:

1. Mark Cavendish, Britain, Sky Procycling, four hours, 56 minutes, 59 seconds; 2. Andre Greipel, Germany, Lotto Belisol, same time; 3. Matthew Harley Goss, Australia, Orica GreenEdge, same time; 4. Tom Veelers, Netherlands, Argos-Shimano, same time; 5. Alessandr Petacchi, Italy, Lampre-ISD, same time; 6. Peter Sagan, Slovakia, Liquigas-Cannondale, same time; 7. Yauheni Hutarovich, Belarus, FDJ-Big Mat, same time; 8. Juan Jose Haedo, Argentina, Team Saxo Bank-Tinkoff Bank, same time; 9. Mark Renshaw, Australia, Rabobank, same time; 10. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, same time.
11. Jose Joaquin Rojas, Spain, Movistar, same time; 12. Sebastian Hinault, France, France, AG2R La Mondiale, same time; 13. Peter Velits, Slovakia, Omega Pharma-Quick-Step, same time; 14. Kenny Robert van Hummel, Netherlands, Vacansoleil-DCM, same time; 15. Yukiya Arashiro, Japan, Team Europcar, same time; 16. Oscar Freire, Spain, Katusha, same time; 17. Borut Bozic, Slovenia, Astana, same time; 18. Bernhard Eisel, Austria, Sky Procycling, same time; 19. Edvald Boasson Hagen, Norway, Sky Procycling, same time; 20. Koen de Kort, Netherlands, Argos-Shimano, same time.

GOLF

PGA FEDEXCUP STANDINGS

Through July 1
(all figures in U.S. dollars)

	Points—Money YTD
1. Tiger Woods	1,952—\$4,220,398
2. Jason Dufner	1,849—\$4,077,013
3. Hunter Mahan	1,654—\$3,582,212
4. Bubba Watson	1,617—\$3,732,778
5. Matt Kuchar	1,423—\$3,325,352
6. Zach Johnson	1,420—\$3,084,941
7. Rory McIlroy	1,372—\$3,164,700
8. Phil Mickelson	1,313—\$2,857,371
9. Webb Simpson	1,298—\$2,771,722
10. Carl Pettersson	1,258—\$2,459,113
11. Rickie Fowler	1,197—\$2,731,569
12. Justin Rose	1,169—\$2,636,250
13. Johnson Wagner	1,142—\$2,107,868
14. Luke Donald	1,070—\$2,299,506
15. Kyle Stanley	1,038—\$2,093,946
16. John Huh	1,034—\$2,211,080
17. Jim Furyk	965—\$1,970,840
18. Bo Van Pelt	964—\$2,128,122
19. Mark Wilson	940—\$1,953,639
20. Marc Leishman	936—\$1,772,307
21. Dustin Johnson	923—\$1,836,152
22. Bill Haas	922—\$1,887,862
23. Ben Curtis	920—\$2,185,924
24. Keegan Bradley	915—\$1,764,635
25. Steve Stricker	911—\$1,862,017
26. Martin Laird	910—\$2,028,834
27. Brandt Snedeker	888—\$1,757,814
28. Robert Garrigus	818—\$1,585,776
29. Graeme McDowell	812—\$1,827,484
30. Ernie Els	802—\$1,644,658
31. Ben Crane	793—\$1,567,148
32. Kevin Na	779—\$1,690,805
33. Charlie Wi	727—\$1,284,669
34. John Rollins	719—\$1,420,187
35. Ryan Palmer	697—\$1,277,512
36. Spencer Levin	695—\$1,240,911
37. Lee Westwood	690—\$1,692,789
38. Louis Oosthuizen	690—\$1,549,652
39. Brian Davis	673—\$1,193,320
40. D.A. Points	662—\$1,345,313
103. David Hearn	350—\$585,355
110. Graham Delaet	323—\$554,670
164. Stephen Ames	142—\$183,236

Also
48. Ryder Hesjedal, Victoria, Garmin-Sharp-Barracuda, same time.
OVERALL STANDINGS (after second stage)
1. Fabian Cancellara, Switzerland, RadioShack-Nissan, 10 hours, two minutes, 31 seconds; 2. Bradley Wiggins, Britain, Sky Procycling, 0:07 behind; 3. Sylvain Chavanel, France, Omega Pharma-QuickStep, same time; 4. Tejay Van Garderen, U.S., BMC Racing, 0:10; 5. Edvald Boasson Hagen, Norway, Sky Procycling, 0:11; 6. Denis Menchov, Russia, Katusha, 0:13; 7. Philippe Gilbert, Belgium, BMC Racing, same time; 8. Cadel Evans, Australia, BMC Racing, 0:17; 9. Vincenzo Nibali, Italy, Liquigas-Cannondale, 0:18; 10. Ryder Hesjedal, Victoria, Garmin-Sharp-Barracuda, same time.
11. Andreas Kloeckner, Germany, RadioShack-Nissan, 0:19; 12. Bauke Mollema, Netherlands, Rabobank, 0:21; 13. Maxime Monfort, Belgium, RadioShack-Nissan, 0:22; 14. Janez Brankovic, Slovenia, Astana, same time; 15. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, same time; 16. Rein Taaramae, Estonia, Cofidis, same time; 17. Jean-Christophe Fraperaud, AG2R La Mondiale, 0:23; 18. Marco Marcato, Italy, Vacansoleil-DCM, same time; 19. Vladimir Gusev, Russia, Katusha, 0:24; 20. Haimar Zubeldia, Spain, RadioShack-Nissan, same time.

TUESDAY'S STAGE:
Third stage — 197.0 kilometres starting in Orches and ends in Boulogne-sur-Mer.

TENNIS

WIMBLEDON

At London
Monday's results
MEN

Singles — Fourth Round
Novak Djokovic (1), Serbia, def. Viktor Troicki, Serbia, 6-3, 6-1, 6-3.
Roger Federer (3), Switzerland, def. Xavier Malisse, Belgium, 7-6 (1), 6-1, 4-6, 6-3.
Mikhail Youzhny (26), Russia, def. Denis Istomin, Uzbekistan, 6-3, 5-7, 6-4, 6-7 (5), 7-5.
Andy Murray (4), Britain, leads Marin Cilic (16), Croatia, 7-5, 3-1 (40-0) (susp., rain).
Tsonga (5), France, 6-4, 1-1 (40-40) (susp., rain).
Florian Mayer (31), Germany, leads Richard Gasquet (18), France, 6-3, 2-1 (15-15) (susp., rain).

Doubles — Second Round
Jurgen Melzer, Austria, and Philipp Petzschner (10), Germany, def. Yen-hsun Lu, Taiwan, and Alexander Waske, Germany, 6-3, 6-4, 6-7 (6), 6-2.
Third Round
Daniele Bracciali, Italy, and Julian Knowle, Austria, def. Juan Ignacio Chela and Eduardo Schwank, Argentina, 7-5, 7-5, 6-1.
James Cerretani, U.S., and Edouard Roger-Vasselin, France, def. David Marrero, Spain, and Andreas Seppi, Italy, 6-4, 6-4, 3-6, 6-7 (10), 6-4.

Jonathan Marray, Britain, and Frederik Nielsen, Denmark, lead Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (8), Netherlands, 7-6 (5), 7-6 (4), 4-3 (susp., rain).
Ivan Dodig, Croatia, and Marcelo Melo (15), Brazil, lead Leander Paes, India, and Radek Stepanek (4), Czech Rep., 4-6, 6-3, 4-3 (30-0) (susp., rain).

WOMEN
Singles — Fourth Round
Sabine Lisicki (15), Germany, def. Maria Sharapova (1), Russia, 6-2, 6-3.
Victoria Azarenka (2), Belarus, def. Ana Ivanovic (14), Serbia, 6-1, 6-0.
Agnieszka Radwanska (3), Poland, def. Camila Giorgi, Italy, 6-2, 6-3.
Petra Kvitova (4), Czech Rep., def. Francesca Schiavone (24), Italy, 4-6, 7-5, 6-1.
Serena Williams (6), U.S., def. Yaroslava Shvedova, Kazakhstan, 6-1, 2-6, 7-5.
Angelique Kerber (8), Germany, def. Kim Clijsters, Belgium, 6-1, 6-1.
Maria Kirilenko (17), Russia, def. Peng Shuai (30), China, 6-1, 6-7 (6), 6-3.

Tamira Paszek, Austria, def. Roberta Vinci (21), Italy, 6-2, 6-2.

Doubles — Third Round
Liesel Huber and Lisa Raymond (1), U.S., def. Anna-Lena Groenefeld, Germany, and Petra Martic, Croatia, 7-6 (3), 5-7, 6-4.
Marina Erakovic, New Zealand, and Tamarina Tanasugarn, Thailand, lead Ekaterina Makarova and Elena Vesnina (5), Russia, 3-2 (susp., rain).
Olga Govortsova, Belarus, and Mandy Minella, Luxembourg, vs. Nuria Llagostera Vives and Maria Jose Martinez Sanchez (9), Spain, 6-6 (5-5) (susp., rain).

MIXED DOUBLES
First Round
Colin Fleming, Britain, and Hsieh Su-wei, Taiwan, def. Andre Sa, Brazil, and Anastasia Rodionova, Australia, 4-6, 6-3, 6-4.

JUNIORS
Girls
Singles — First Round
Taylor Townsend (1), U.S., def. Maria Constanza Vega, Argentina, 6-2, 6-1.
Katerina Siniakova (6), Czech Rep., def. Storm Sanders, Australia, 6-2, 4-6, 6-3.
Donna Vekic (8), Croatia, def. Christina Makarova, U.S., 6-3, 6-4.
Alexandra Klack (13), U.S., def. Carol Zhao, Richmond Hill, Ont., 4-6, 6-4, 6-2.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	1	0	1	0	16	33	0
Hamilton	1	0	1	0	16	43	0
Toronto	1	0	1	0	15	19	0
Montreal	1	0	1	0	10	38	0

WEST DIVISION							
	GP	W	L	T	PF	PA	Pt
Saskatchewan	1	1	0	0	43	16	2
Calgary	1	1	0	0	38	10	2
B.C.	1	1	0	0	33	16	2
Edmonton	1	1	0	0	19	15	2

WEEK ONE
Sunday's result
Calgary 38 Montreal 10
Saturday's result
Edmonton 19 Toronto 15
Friday's results
B.C. 33 Winnipeg 16
Saskatchewan 43 Hamilton 16
WEEK TWO
All Times Eastern
Friday's games
Winnipeg at Montreal, 7 p.m.
Hamilton at B.C., 10 p.m.
Saturday, July 7
Calgary at Toronto, 3 p.m.
Sunday, July 8
Edmonton at Saskatchewan, 7 p.m.

SOCCER

EURO 2012

Sunday's result
CHAMPIONSHIP
Sunday's game
At Kiev, Ukraine
Spain 4 Italy 0

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	18	10	5	3	34	22	33
New York	17	9	4	4	32	25	31
Kansas City	16	9	5	2	20	16	29
Chicago	16	8	5	3	21	19	27
Columbus	15	6	5	4	16	25	22
Houston	16	6	5	5	22	22	22
New England	16	5	7	4	22	22	19
Montreal	18	5	10	3	24	32	18
Philadelphia	14	3	9	2	13	17	11
Toronto	15	2	10	3	17	29	9

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	17	11	3	3	25	22	36
Real Salt Lake	18	10	6	2	28	21	32
Vancouver	16	7	4	5	18	19	26
Seattle	17	7	5	5	21	18	26
Colorado	16	7	8	1	24	21	22
Los Angeles	17	6	9	2	25	27	20
Chivas USA	16	5	7	4	11	18	19
Portland	16	4	7	5	14	17	16
Dallas	17	3	9	5	16	26	14

Across

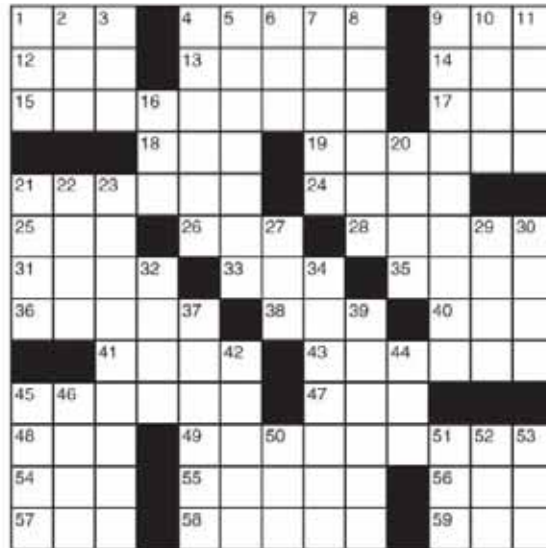
- 1 Take the prize
- 4 Conversations
- 9 Gear tooth
- 12 Hubbub
- 13 Embankment
- 14 Mine matter
- 15 Obese
- 17 Hastened
- 18 Choice (Abbr.)
- 19 Fastener shot from a gun
- 21 On top of the world?
- 24 Ticklish Muppet
- 25 Bill and —
- 26 Kvetch
- 28 Bizarre
- 31 Throw hard
- 33 Pitch
- 35 Red-tag event
- 36 Washington Nationals, once
- 38 Jewel
- 40 Aviv preceder
- 41 Curved molding
- 43 Antics
- 45 Seoul man?
- 47 Call-day link
- 48 Lawyers' org.
- 49 Blood cell
- 54 Up to
- 55 Yellow-brown color
- 56 Plead
- 57 41-Across' shape

58 "— Line Is It Any-way?"

59 Droop

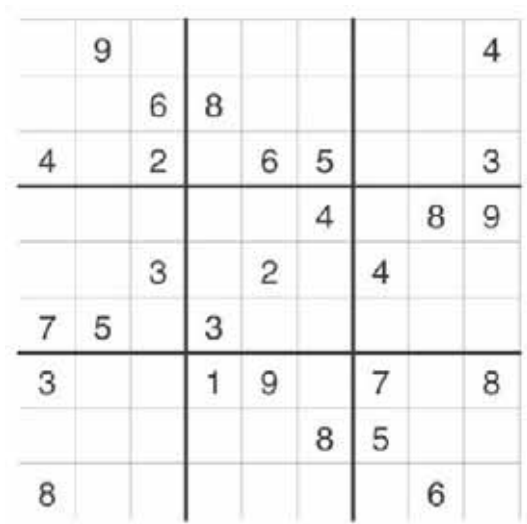
Down

- 1 Servicewoman
- 2 "— not choose to run"
- 3 Neither partner
- 4 Tip off
- 5 Witch
- 6 St.
- 7 Nervous
- 8 Make a compromise
- 9 Related to big business
- 10 Verbal
- 11 Kelly or Hackman
- 16 Calif. winter hrs.
- 20 Iowa city
- 21 Liniment target
- 22 Sauce thickener
- 23 Sarges' subordinates
- 27 Joke
- 29 Robert of "The Sopranos"
- 30 Morays
- 32 Theater box
- 34 Cookbook collection
- 37 Dugong
- 39 Ripen
- 42 Tennyson's "— Arden"



- 44 Faux —
- 45 Shakespeare's shrew
- 46 Kimono sashes
- 50 Pi follower

- 51 Couric's network
- 52 Meadow
- 53 Early bird?



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV
IKAFXX NHVLYD, DCH XELNP
GHJJCGK NEG MFZCYEPK
MCCQ SFG F IHYY-EPC
Yesterday's Cryptoquip: WHEN PEOPLE HAVE
TO TRIM DOWN A FEW ENVELOPES, COULD
THEY USE A PAIR OF MAIL CLIPPERS?
Today's Cryptoquip Clue: F equals A



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	WEDNESDAY	THURSDAY
 MAX: 20° MIN: 13°	 MAX: 19° MIN: 8°	 MAX: 20° MIN: 9°



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WEEKDAYS 5:30 AM

Horoscope

♈ Aries | March 21 - April 20.

You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

♉ Taurus | April 21 - May 21.

The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

♊ Gemini | May 22 - June 20.

Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

♋ Cancer | June 21 - July 22.

Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

♌ Leo | July 23 - Aug. 22.

The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

♍ Virgo | Aug. 23 - Sept. 22.

As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

♎ Libra | Sept. 23 - Oct. 22.

Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

♏ Scorpio | Oct. 23 - Nov. 21.

Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

♐ Sagittarius | Nov. 22 - Dec. 21.

Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

♑ Capricorn | Dec. 22 - Jan. 20.

New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

♒ Aquarius | Jan. 21 - Feb. 18.

The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

♓ Pisces | Feb. 19 - March 20.

Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON



Caption Contest

"Rare ... well done and cordon bleu?"
David

THE ASSOCIATED PRESS

Win!



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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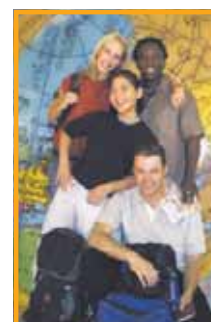
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